



# RS6i



## OWNER'S MANUAL

*Important: Read all instructions carefully before using this product. Retain this owner's manual for future reference.*

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## Introduction

Congratulations on your purchase of BH Fitness equipment. We hope you appreciate the style, quality, and value that exercisers around the world have come to expect from BH Fitness.

If you have any questions, concerns or product issues please call our Customer Service Team at 1-866-325-2339 or email us at [CustomerSupport@BHNorthAmerica.com](mailto:CustomerSupport@BHNorthAmerica.com).

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the machine. Please read ALL the safety information contained on the following page.

# SAFETY INFORMATION

## PRECAUTIONS

This equipment has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the machine. Please observe the following safety precautions:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by BH Fitness. Read manual prior to use and follow all warnings and instructions.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor. Misuse of this machine may result in serious injury.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Keep a perimeter of 3 feet (1 meter) around the machine before operating the equipment.
13. Use only authorized and trained technicians if a repair is needed.
14. Please follow the advice for correct training, as detailed in the Training Guidelines.
15. Use only the tools provided to assemble this machine.
16. Replace warning labels if damaged, illegible or removed.
17. This machine was designed for a maximum user weight of 300 lbs (136 kgs)
18. The machine can only be used by one person at a time.

**Caution:** Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

NOTE: This equipment has been tested and found to comply with the limits for Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide a reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate of the receiving antenna
- Increase the separation between the equipment and the receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

## EXERCISE INSTRUCTION

Use of the machine offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it can help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Get on the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

# TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

## *STRENGTH*

The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

## *MUSCULAR ENDURANCE*

The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

## *FLEXIBILITY*

The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

## *CARDIO-RESPIRATORY ENDURANCE*

The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

## *AEROBIC FITNESS*

Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

## *ANAEROBIC TRAINING*

Is an exercise intense enough to trigger anaerobic metabolism. This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long term energy demands. (For example, a 100 meter sprint.)

### *OXYGEN UPTAKE*

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO2 Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

### *THE TRAINING THRESHOLD*

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

### *OVERLOAD*

This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

### *PROGRESSION*

As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

### *SPECIFICS*

Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

### *REVERSIBILITY*

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

### *WARM-UP*

Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise.

### *WARM DOWN OR COOL DOWN*

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

## HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are “starting fitness.”

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

## PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.



### *MUSCLE SORENESS*

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

### *WHAT TO WEAR*

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. Always wear a pair athletic shoes.

### *BREATHING DURING EXERCISE*

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

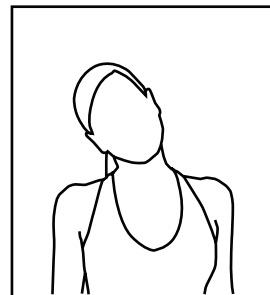
### *REST PERIODS*

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

## SUGGESTED STRETCHES

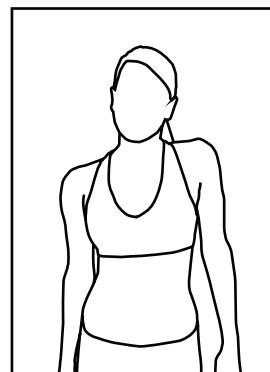
### *Head Rolls*

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



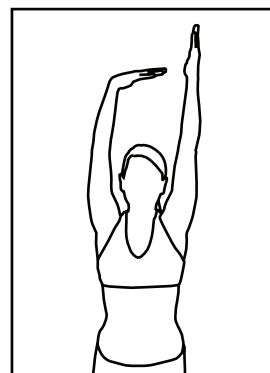
### *Shoulder Lifts*

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.



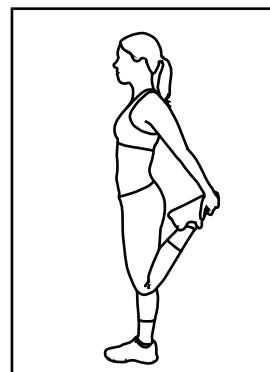
### *Side Stretches*

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.



### *Quadriceps Stretch*

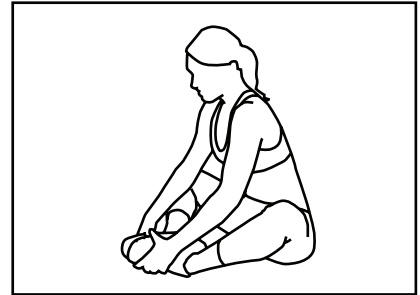
With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.



## SUGGESTED STRETCHES

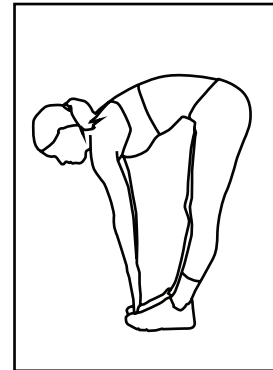
### *Inner Thigh Stretch*

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



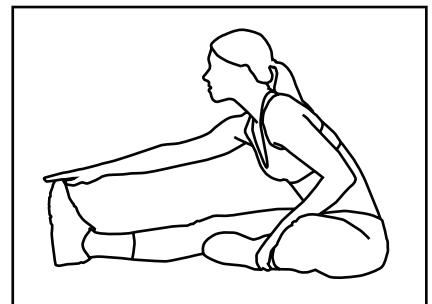
### *Toe Touches*

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



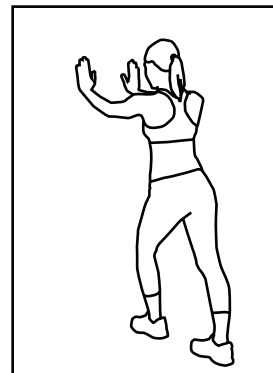
### *Hamstring Stretches*

Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

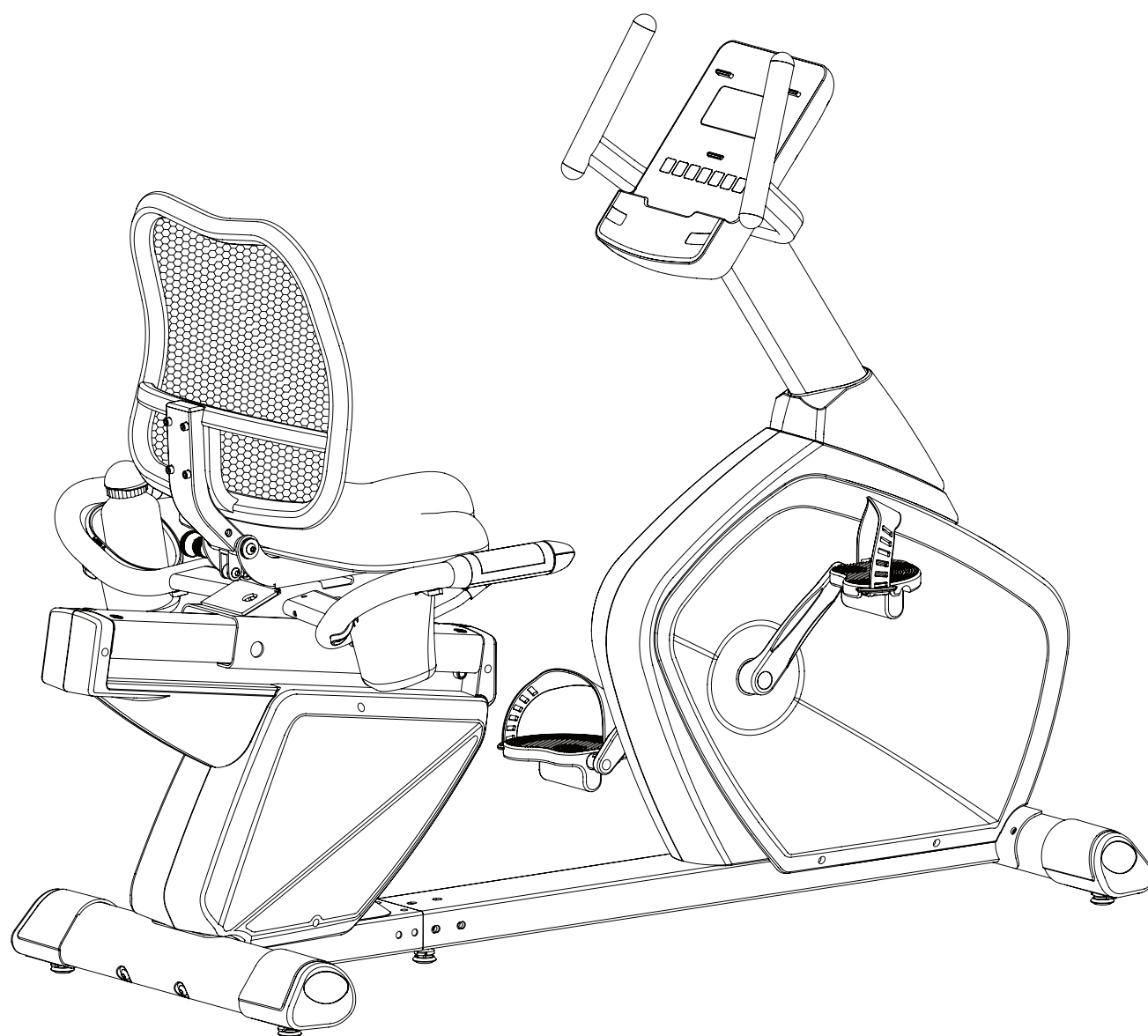


### *Calf/Achilles Stretches*

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.

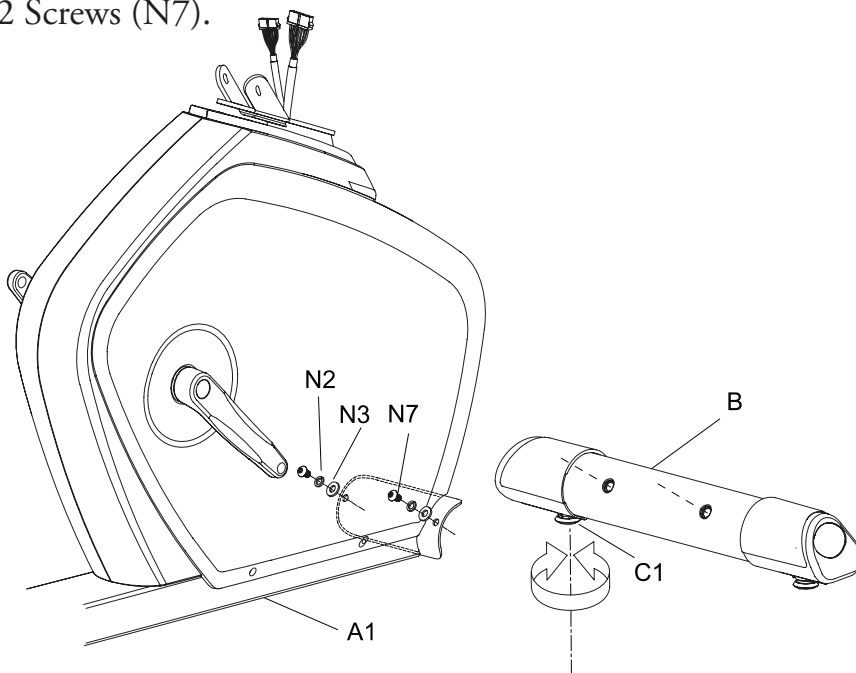


## ASSEMBLY INSTRUCTIONS



## STEP 1: FRONT STABILIZER ASSEMBLY

Attach the Front Stabilizer (B) to the Front Main Frame (A1) using 2 Spring Washers (N2), 2 Flat Washers (N3) and 2 Screws (N7).

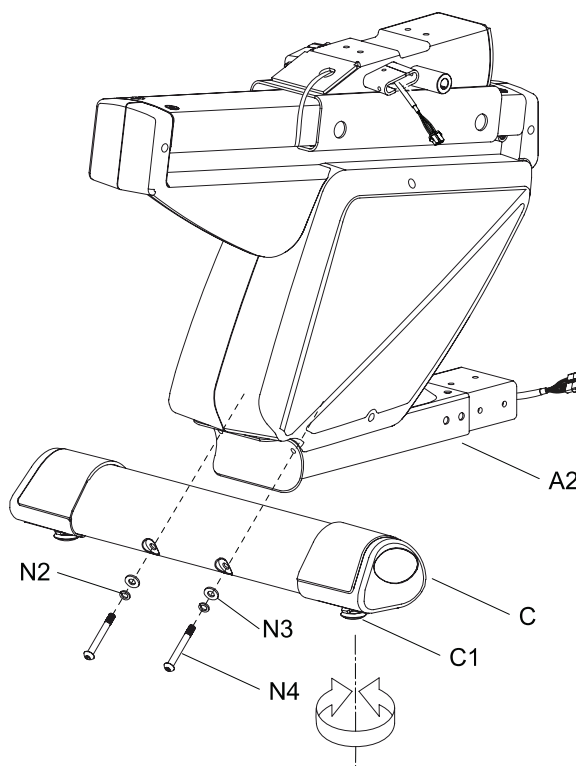


## STEP 2: REAR STABILIZER ASSEMBLY

Attach the Rear Stabilizer (C) to the Rear Main Frame (A2) using 2 Spring Washers (N2), 2 Flat Washers (N3) and 2 Screws (N4).

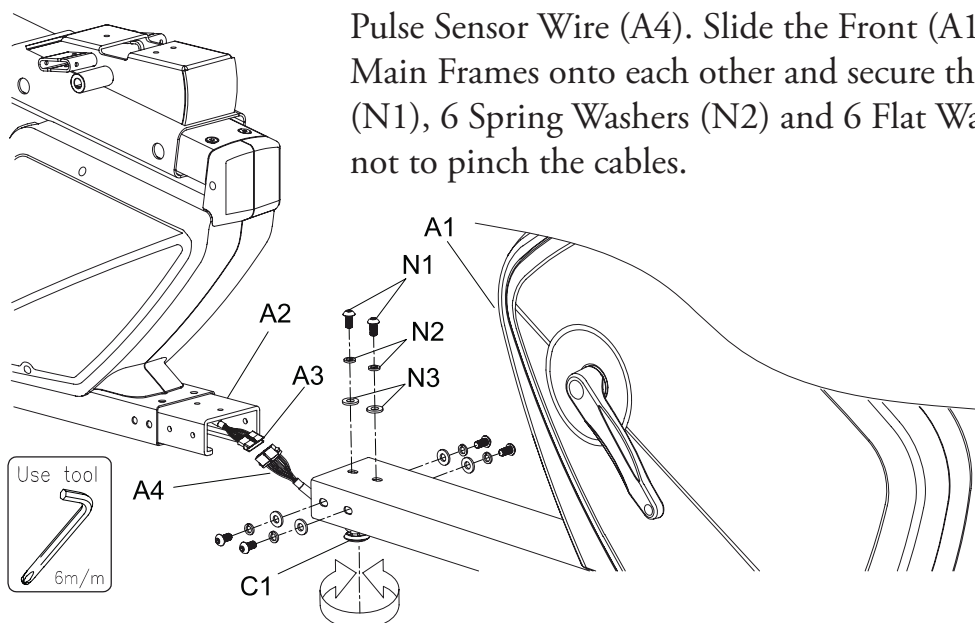
### HOW TO KEEP THE MACHINE STABLE

If the machine is unstable or rocking, adjust the Footpads (C1) under the stabilizers by tightening (turning clockwise) or loosening (turning counter-clockwise) until stability is achieved.



### STEP 3: FRONT AND REAR MAIN FRAME ASSEMBLY

Connect the Rear Hand Pulse Sensor Wire (A3) to Middle Hand Pulse Sensor Wire (A4). Slide the Front (A1) and the Rear (A2) Main Frames onto each other and secure the joint with 6 Screws (N1), 6 Spring Washers (N2) and 6 Flat Washers (N3). Make sure not to pinch the cables.



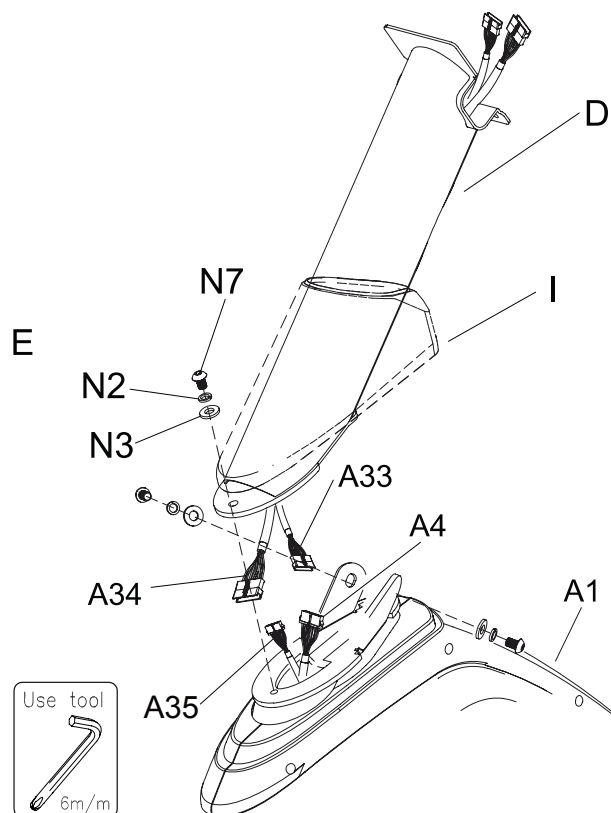
### STEP 4: CENTER SUPPORT ASSEMBLY

Slide the Tube Cover (I) onto the Main Support Tube (D).

Connect Motor Sensor Wire (A35) coming from Front Main Frame (A1) to Sensor Wire (A33) from the Main Support Tube (D). Connect Sensor Wire (A34) coming from Main Support Tube (D) to the Middle Hand Pulse Sensor Wire (A4) from the Front Main Frame (A1).

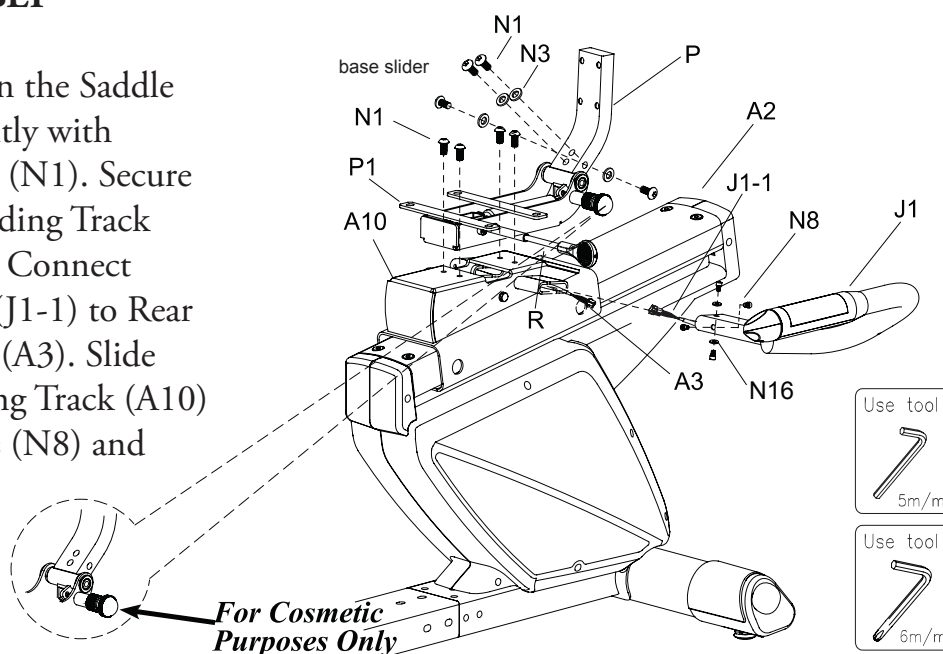
Secure Main Support Tube (D) to Front Main Frame (A1) using 3 Bolts (N7), 3 Spring Washers (N2) and 3 Flat Washers (N3). Slide Tube Cover (I) down until it covers the joint completely.

**ATTENTION: TAKE CARE NOT TO PINCH THE CABLES DURING THE ASSEMBLY.**



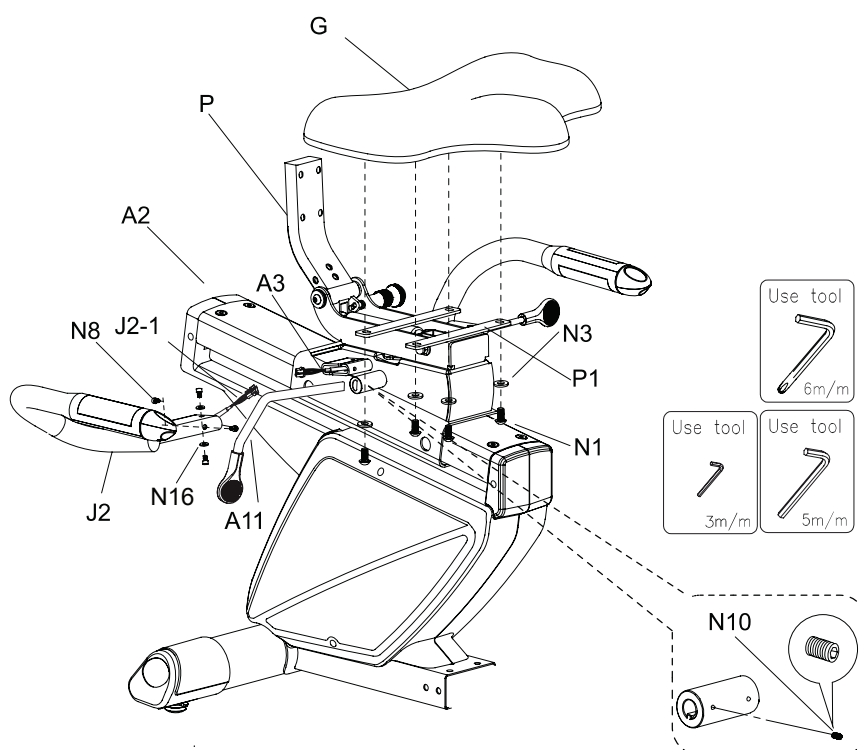
## STEP 5: BACKREST TUBE AND LEFT HANDLEBAR ASSEMBLY

Place Backrest Tube (P) on the Saddle Tube (P1) and secure tightly with Washers (N3) and Screws (N1). Secure Saddle Tube (P1) with Sliding Track (A10) using Screws (N1). Connect Hand Pulse Sensor Wire (J1-1) to Rear Hand Pulse Sensor Wire (A3). Slide handlebar (J1) onto Sliding Track (A10) and secure using 4 Screws (N8) and Washers (N16).



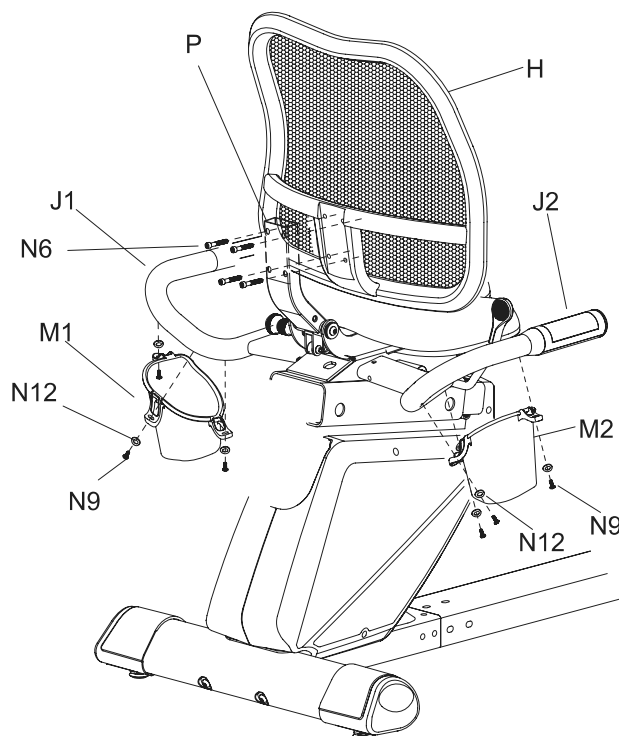
## STEP 6: SLIDER HANDLE AND RIGHT HANDLEBAR ASSEMBLY

Use the same assembly step in Step 5 to attach the right Handlebars. Insert the Seat Adjustment Handle (A11) into the round peg and use Set Screw (N10) to fix it into place. Secure the Seat (G) onto Saddle Tube (P1) from underneath with 4 Screws (N1) and Washers (N3).



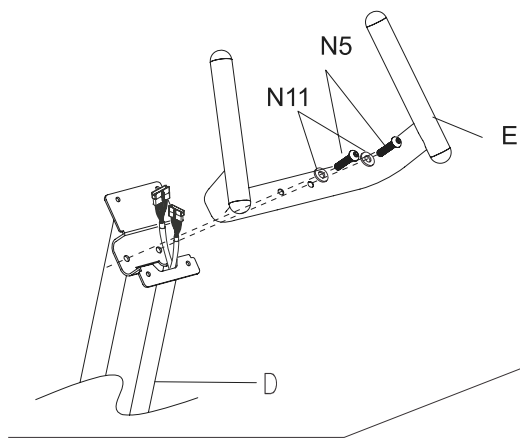
## STEP 7: BACKREST & BOTTLE HOLDER

Assemble the Backrest (H) onto the Back Rest Tube (P) and secure it tightly with Screw (N6). Assemble the Waterbottle Holder (M1/M2) on the side of the Handlebars (J1/J2) and secure it tightly with Washers (N12) and Screws (N9).

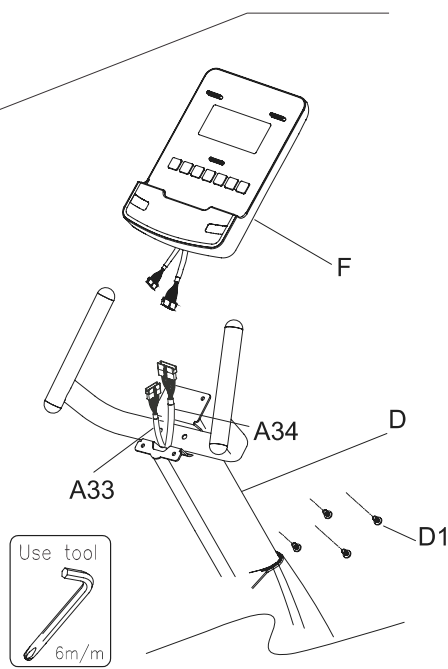


## STEP 8

Attach the Front Small Handlebar (E) on to the plate of the Main Support Tube (D) and use 2 Screws (N5) and 2 Washers (N11) to secure tightly.



Locate Console (F) and connect Sensor Wires (A33, A34) to the wires coming from the Console. Gently tuck all excess wires into the Console cavity. Slide Console onto the console bracket and secure using Console Screws (D1). Remove Console Screws (D1) from console before sliding onto Console Bracket.

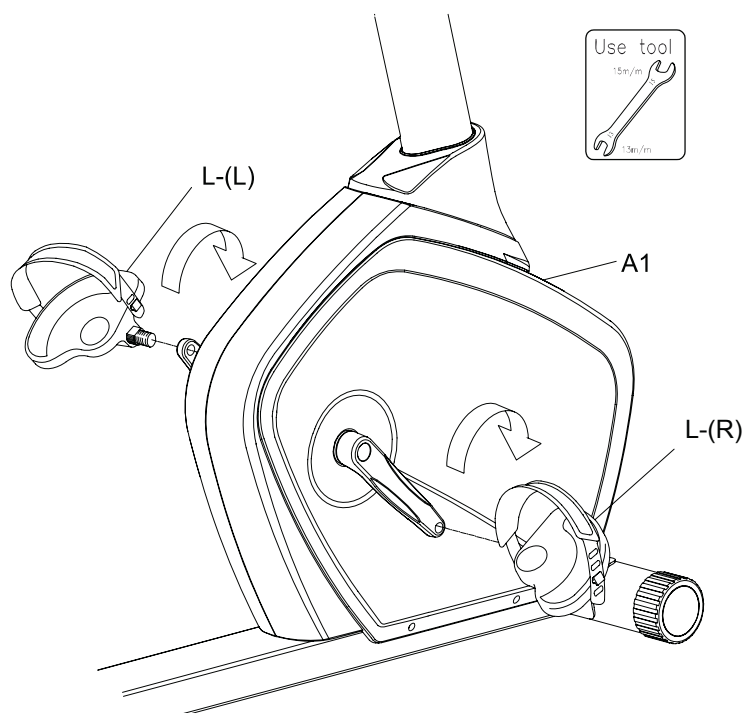




## STEP 9: PEDAL ASSEMBLY

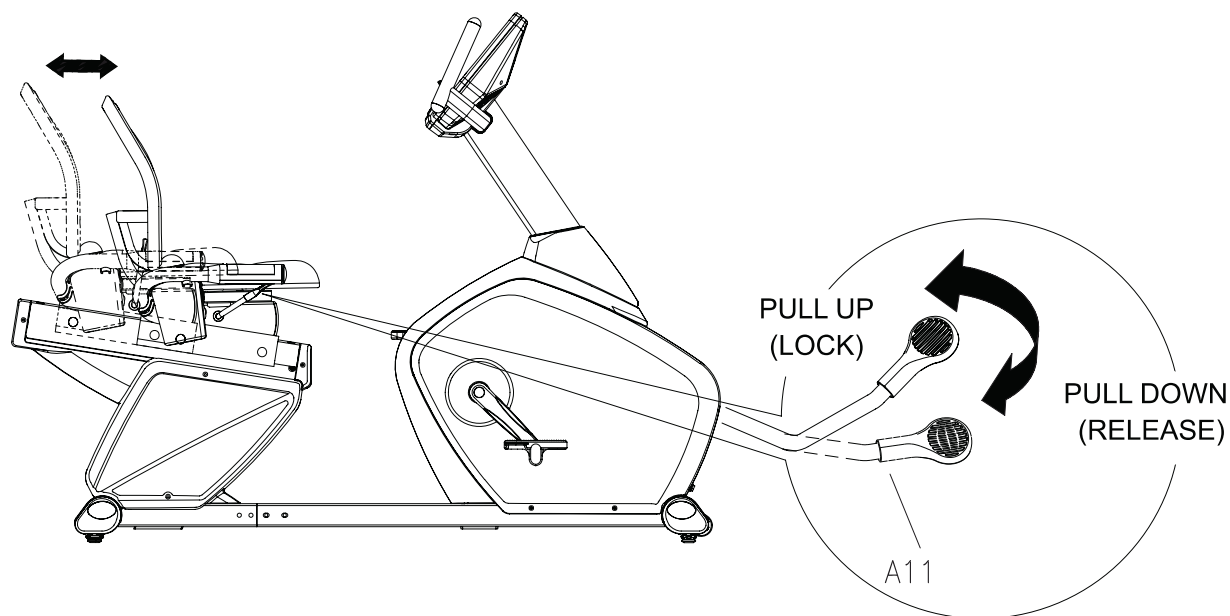
Thread the Right Pedal L-(R) onto the right crank. Secure in place by turning the threaded stem clockwise. Note: Right Pedal L-(R) is marked with an "R".

Thread the Left Pedal L-(L) onto the Left Crank. Secure in place by turning it counter-clockwise. Note: Left Pedal L-(L) is marked with an "L".



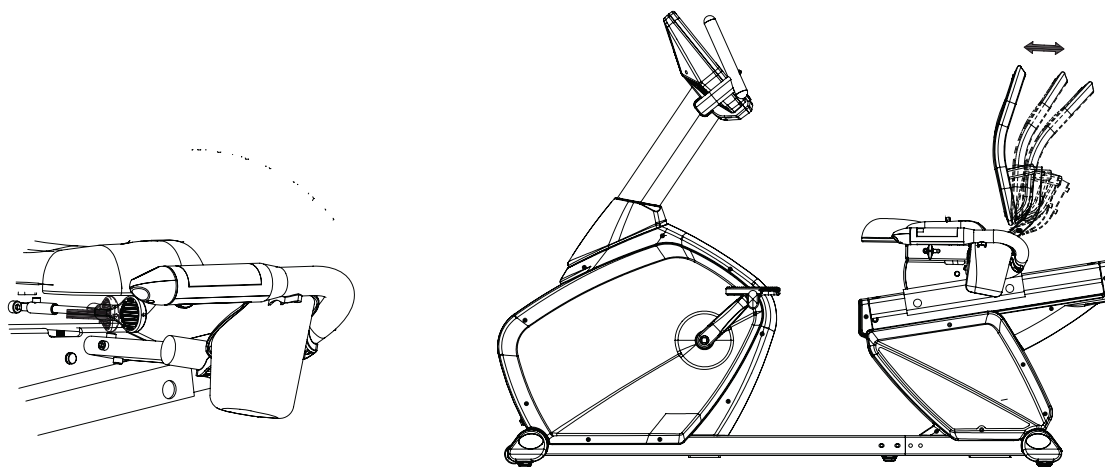
## STEP 10 SEAT ADJUSTMENTS

Push the seat slide adjustment handle forward, then slide the seat back or forth as desired. Pull the adjustment handle back up to lock the slider in place.



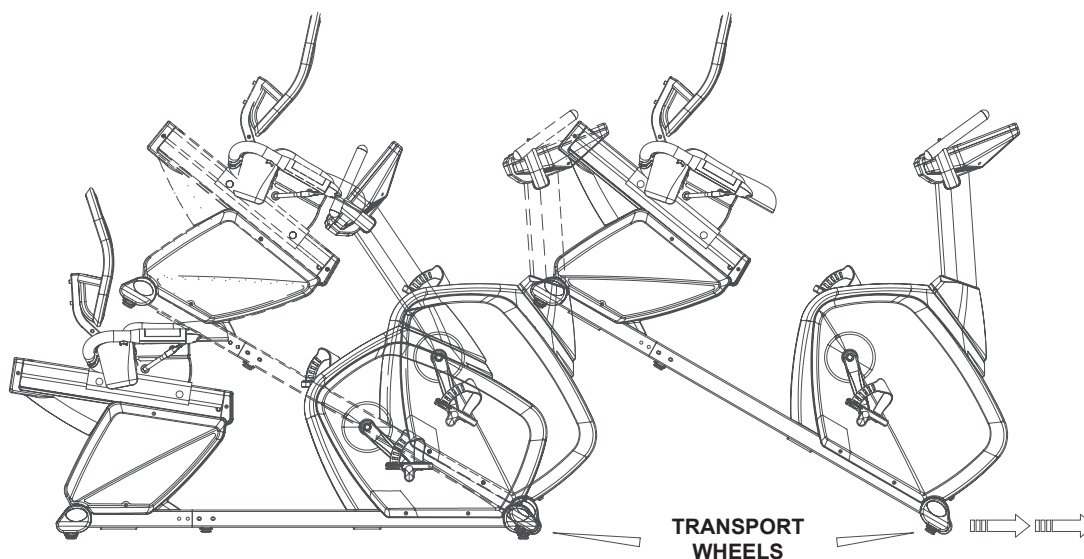
## STEP 11: HOW TO ADJUST THE BACKREST

Backrest position is controlled by a Pneumatic Cylinder (A13) which can be adjusted to change backrest angles. Pull the left side handle forward and lean on the backrest to change angle.



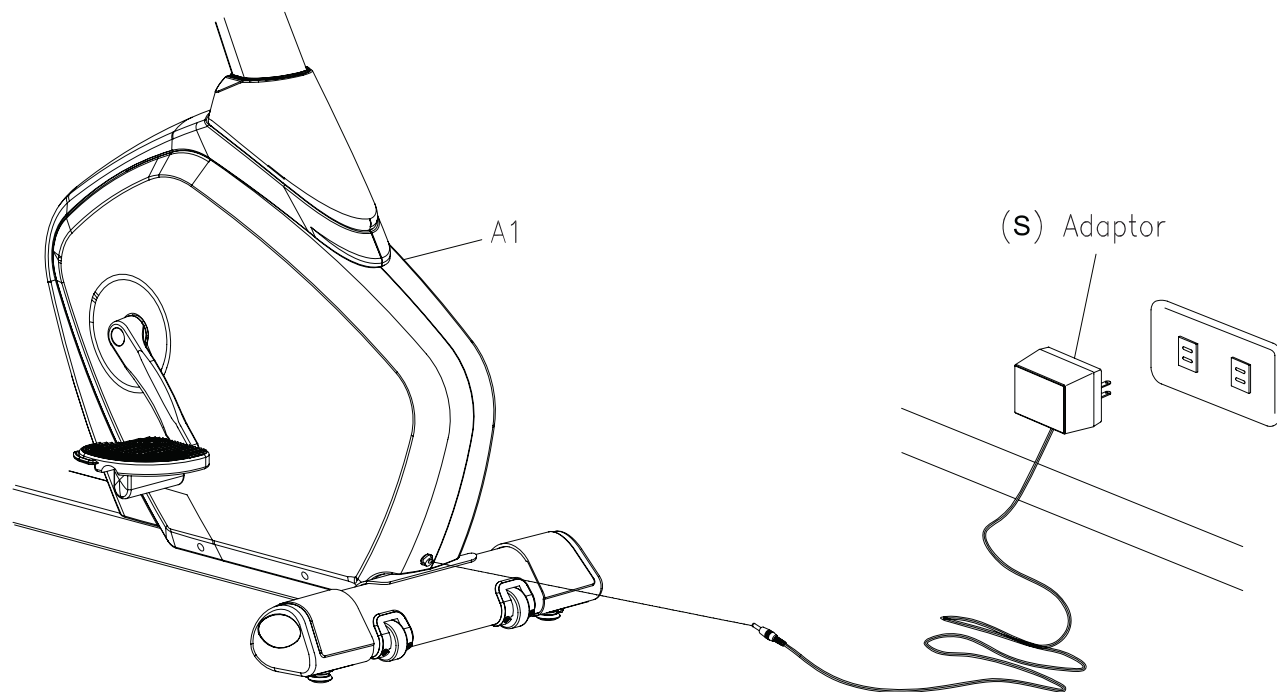
## STEP 12: HOW TO MOVE THE MACHINE

The Front Stabilizer (B) has built-in transport wheels. Stand at the rear of the machine and lift it up until the weight of the machine is transferred to the wheels. Push or pull to move the machine to a new location.



## STEP 15: USING THE ADAPTOR

Position the machine near a wall outlet. Plug the Adaptor (S) in to the outlet and plug the DC end (round plug) to the jack on the machine. Be sure not to damage the cord and the plugs to avoid electrical shock.



## CONSOLE OPERATIONS



## **SPECIFICATIONS:**

ENTER	To confirm all setting values
RESET	To reset all parameters to default value
START/STOP	To start or stop training
UP	To make upward setting change
DOWN	To make downward setting change
RECOVERY	In stop or start mode, pressing this button will start Heart Rate recovery status measurement. Time will count down from 60 seconds
QUICK START	Starts the machine without any preset program or data from user

## **FUNCTION:**

TIME	Displaying the workout time while exercising
SPEED	Displaying the current speed
DISTANCE	Accumulating the distance while exercising
PULSE	30-240 BPM
CALORIES	Counts calories while exercising
RPM	Displaying crank speed in revolution per minute

## **GETTING STARTED - OPERATING PROCEDURE:**

Start pedaling and the console will turn on. Use the UP/DOWN buttons to set up your user data by selecting any user U0-U4. Press the ENTER button to accept user selection. Press UP/DOWN buttons to toggle between genders. Press ENTER to accept. Use the UP/DOWN to set AGE then press ENTER. Use the UP/DOWN buttons to enter height in inches and press ENTER to accept. Use the UP/DOWN buttons to input weight then press ENTER to select.

## **1. MANUAL MODE**

User may preset their own resistance level from 1 to 24 by pressing the UP/DOWN buttons. The default resistance level is 1. Press ENTER to confirm. Using the UP/DOWN buttons enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

## **2. PROGRAM MODE**

There are 12 preset programs. Use the UP/DOWN buttons to select the desired program profile, then press the ENTER button to confirm. Use the UP/DOWN buttons to adjust the resistance level. Press ENTER to confirm. Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START/STOP to begin your workout.

## **3. FITNESS TEST**

Use the UP/DOWN buttons to select FITNESS and press ENTER. Press START/STOP to start the test. The user has to achieve the greatest distance possible in 8 minutes. When the time is up, the electronic device will work out the difference and your fitness rating will be displayed up on the screen: «F1, F2,..., F5, F6»; where «F1» is the best «Excellent» and «F6» the worst «Very Poor».

## **4. PERSONAL MODE**

Users may create their own profile in this mode. The first segment of the profile will start blinking. Use the UP/DOWN buttons to adjust resistance level for each segment. Once all 16 segments have been entered press the ENTER button to confirm. Press START/STOP to begin your workout.

## **5. WATT CONTROL MODE**

Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START/STOP to begin your workout. User may set the Watt value by pressing the UP/DOWN buttons to change in 10 Watt increments.

## **6. HRC MODE**

Input personal data: SEX, AGE, HEIGHT and WEIGHT.

User may select different target Heart Rate from 55%, 75%, 90% and TARGET by using the UP/DOWN buttons. Press ENTER to confirm. Then, enter values for TIME, DISTANCE, CALORIES, and then press START/STOP to begin your workout.

## **7. RANDOM MODE**

Use the UP/DOWN buttons to select the RANDOM function and press ENTER. Input



values for TIME, DISTANCE, and CALORIES. You will see a random program profile. Press START/STOP to start the exercise. The duration of the program graph is 16 minutes, divided into sixteen segments. To program time, distance and/or calories, go through the following procedure: Once the program has been selected and before pressing the START/STOP button, press the ENTER button to program the time using the UP/DOWN buttons. In this case the time will be divided into sixteen segments. Press the ENTER button to program the distance. Press ENTER again to program the calories. Press START/STOP to start the exercise. You can vary the exertion level during the exercise by pressing the UP/DOWN buttons. NOTE: The monitor will shut off if the machine is without use for more than 90 seconds.

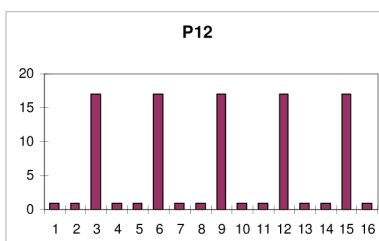
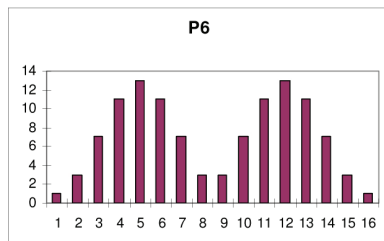
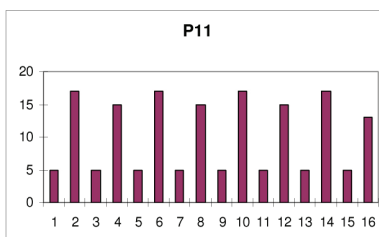
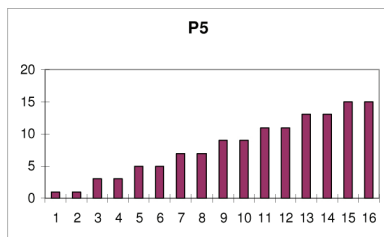
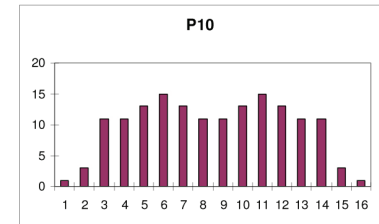
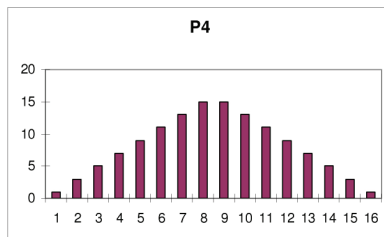
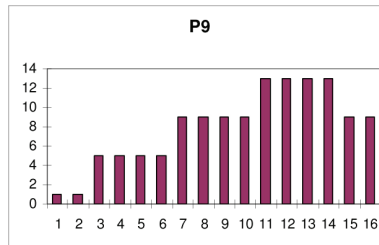
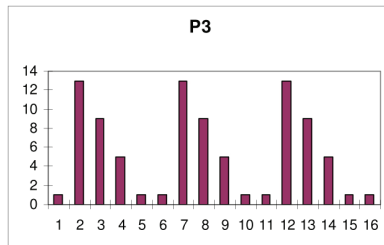
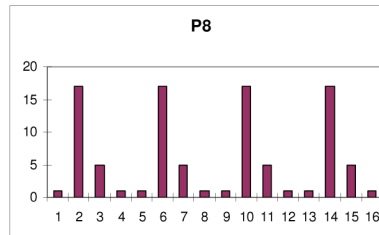
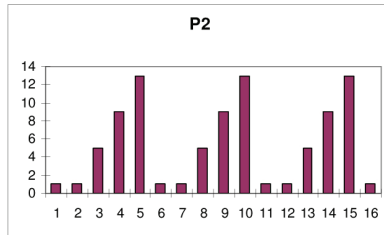
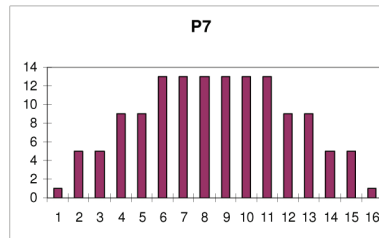
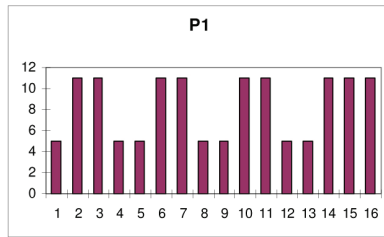
### **HAND-GRIP PULSE MEASUREMENT INSTRUCTIONS**

On this model the pulse rate is measured by placing both hands on the hand grip sensors, located on the handlebar. When both hands are placed on the hand grip sensors the heart symbol on the righthand side of the screen, marked PULSE, will begin to flash and after 10-15 seconds a heart rate reading will be displayed. If both hands are not placed correctly as shown in Fig.3 then the pulse function will not work. If a «P» appears on the screen or the heart symbol does not flash, make sure that both hands completely touch the metal portions of the grips.

### **TEST MEASUREMENTS:**

This monitor is equipped with a recovery test function. This offers you the advantage of being able to measure how long it takes your heart rate to recover after having finished the exercise. Upon finishing the exercise leave your hands on the pulse sensors and press the «Recovery» button, this will start a one minute countdown. Only the Time and Pulse rate function read-outs will remain displayed. The electronic device will measure your pulse rate during this minute. The heart rate recovery time will be displayed on the heart rate line. If, at any time during this minute, you decide to abandon this test then press the «Recovery» button and this will take you back to the main screen. When the minute is up, the monitor will work out the difference and your fitness rating will be displayed on the screen: «F1, F2,..., F5, F6»; where «F1» is the best (fitness «Excellent») and «F6» the worst (fitness «Very Poor»). Pressing the RECOVERY button will take you back to the main screen, where the functions will be in the same mode as when the test began. The comparison between the worked heart rate and the recovery heart rate provides a fast, simple method of gauging how fit you are. Your fitness rating is a guideline that shows you how fast your heart recovers after a physical exertion. If you exercise regularly then you will see your fitness rating improve. The test does not work unless you continuously hold the grips for 1 minute.

# CONSOLE PROGRAMS





## **OPERATING WITH AN iPod®/iPhone®/iPhone®**

Insert the iPod® / iPhone® / iPad® into the dock ensuring that the connector has been inserted correctly and the device sits firmly on the connector in the dock itself.

Note: Before connecting the device, you must download a PAFERS application from APP STORE.

Here are the devices that this machine is compatible with:

- iPod touch (4th generation)
- iPod touch (3rd generation)
- iPhone 4S
- iPhone 4
- iPhone 3
- iPad 2
- iPad (3rd generation)
- iPad

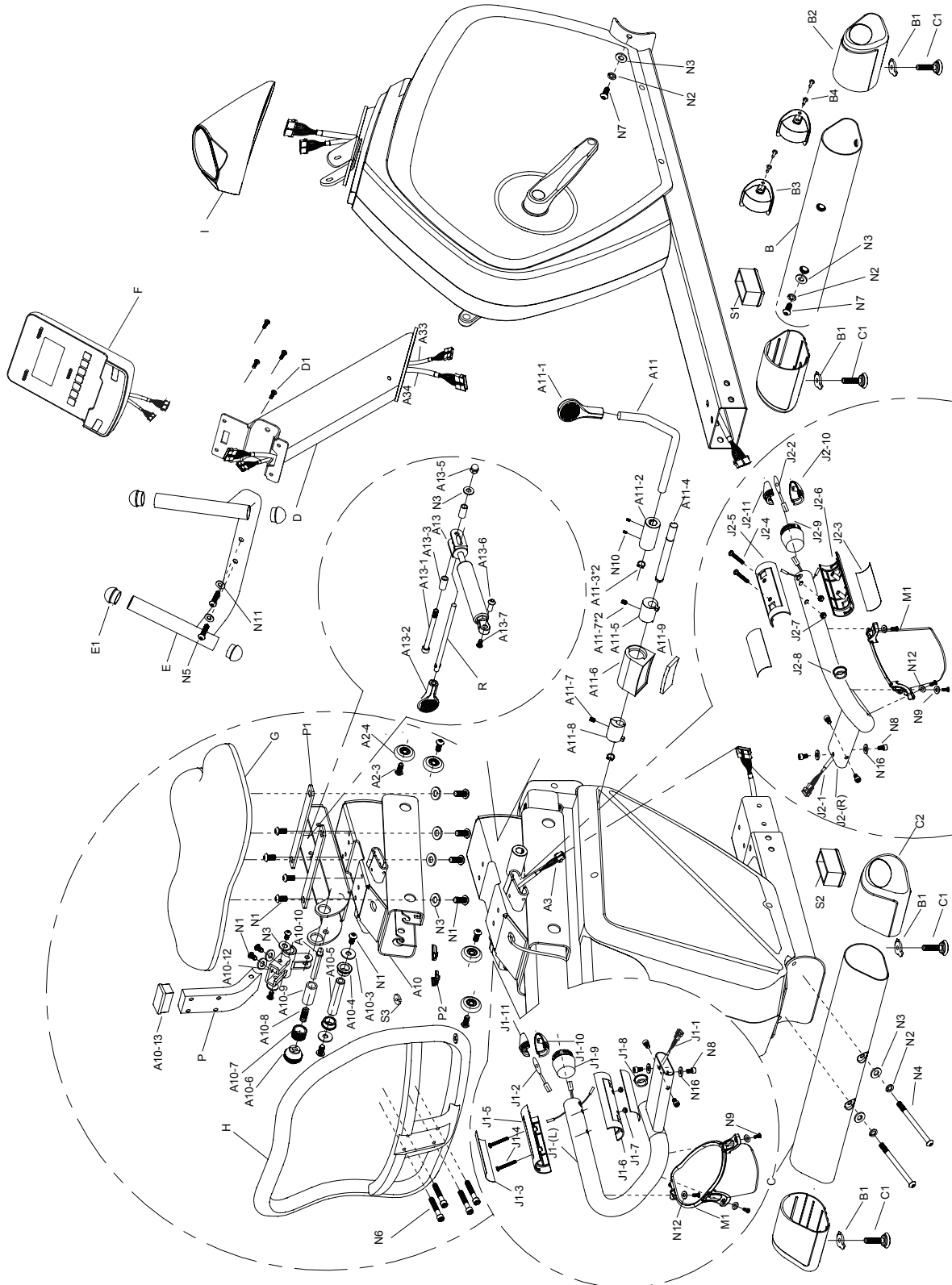
BH Fitness i.Concept products are compatible with Apple® devices with iOS 4.2.3 or later. It is recommended to update iOS to latest version to obtain the best user experience.

“Made for iPod,” “Made for iPhone,” and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance. iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

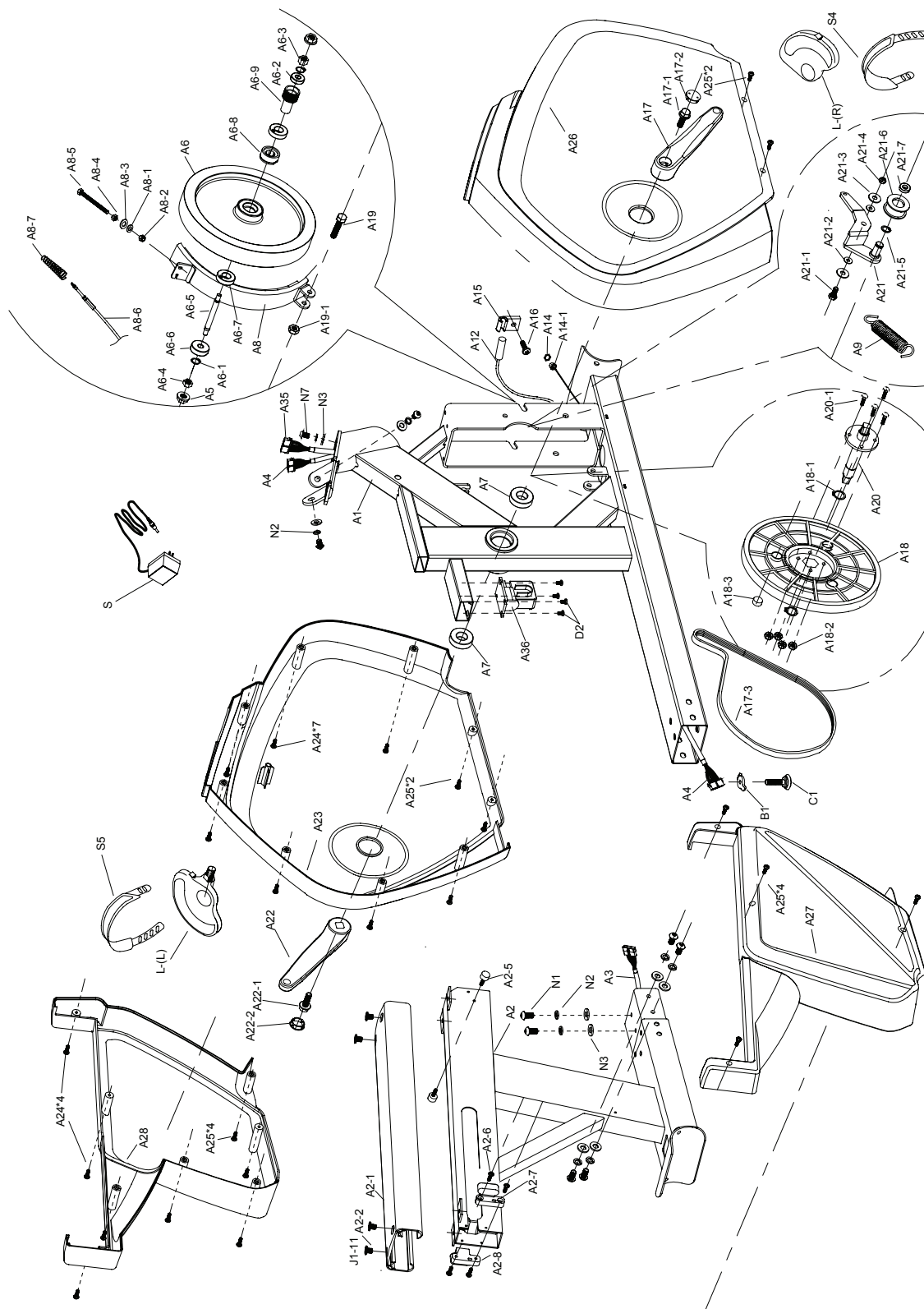
## **MAINTENANCE AND CLEANING**

Care has been taken to assure that your equipment has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components. Instead, seek service from an authorized service center. However, you may clean the outer surface. Use a soft cloth, dampened with warm water. Do not use aerosol sprays or pump bottles as they may deposit sediments upon the console surface. The use of harsh chemicals will destroy the protective coating and cause a static build-up that may damage the some of the components.

# EXPLODED VIEW DRAWING



## EXPLODED VIEW DRAWING CONTINUED



## PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

Item	Description	Qty	Item	Description	Qty
A1	Front main frame	1	A10-6	Pull bar ø9.3*66.8	1
A2	Rear main frame	1	A10-7	Nut	1
A2-1	Aluminum tracking 52.4*104.8*587L	1	A10-8	Spring	1
A2-2	Screw m8*10	4	A10-9	Axle for backrest tube	1
A2-3	Screw m8*22	4	A10-10	Fixing pin	1
A2-4	Wheel ø7.8*Ø37.5*11L	4	A10-12	Roatate reciprocator	1
A2-5	Screw ø15*22	2	A10-13	End cap 25*50	1
A2-6	Screw m4*12	4	A11	Seat adjustment handle ø12*236	1
A2-7	Slide fixing support (right)	1	A11-1	Wrap ø8*71l	1
A2-8	Slide fixing support (left)	1	A11-2	Connecting housing ø12*50	1
A3	Hand pulse sensor wire(rear)	1	A11-3	C clip c10	2
A4	Hand pulse sensor wire(middle)	1	A11-4	Axle for braking ø12*122	1
A5	Nut 3/8"*26*7mm	2	A11-5	Bushing ø12*ø24*33.2	1
A6	Flywheel ø260*9kgs	1	A11-6	Brake pad 40.5*65	1
A6-1	C clip c10	2	A11-7	Screw m6*10	2
A6-2	Bearing 6000zz	1	A11-8	Bushing ø12*ø24*33.2	1
A6-3	Nut 3/8"*0.5T	1	A11-9	Braking stopper t2.0*28*58	1
A6-4	Nut 3/8"*26*3mm	1	A12	Sensor wire 2 00mm	1
A6-5	Axle ø10*120l	1	A13	Gas cylinder 600n	1
A6-6	Bearing 6003zz	2	A13-1	Screw m8*86	1
A6-7	Bearing 6300zz	1	A13-2	Lever ø8*71l	1
A6-8	Pully ø37*ø17*60.9	1	A13-3	Plastic bushing	2
A6-9	One way bearing	1	A13-5	Nut m8	1
A7	Bearing 6203zz	2	A13-6	Screw m8*30	1
A8	Housing-magnet	1	A13-7	Nut m8	1
A8-1	M6*ø19*t1.5	1	A14	Nut	1
A8-2	Nut m6	1	A14-1	Power cord 9 50mm	1
A8-3	Washer ø6*ø22*t1.0	1	A15	Sensor pipe housing	1
A8-4	Nut m6	1	A16	Screw #6*32*12l	1
A8-5	Screw m6*60	1	A17	Crank right 170l	1
A8-6	Tension cable 177l	1	A17-1	Screw m8*25	1
A8-7	Spring ø10.2*Ø1.2*11*55L	1	A17-2	End cap	1
A9	Spring ø3*101l	1	A17-3	Belt	1
A10	Sliding track	1	A18	Belt pully ø260	1
A10-3	Washer m8*25*2.0	2	A18-1	C clip c17	2
A10-4	Metal bushing ø16.1*Ø26.1*11L	2	A18-2	Nut m6	4
A10-5	Axle for backrest tube ø16*79l	1	A18-3	Magnet	1
A19	Screw m8*52	1	A19-1	Nut m8	1
A20	Axle for belt pulley ø17*153	1	H	Backrest	1
A20-1	Screw m6*16	4	I	Tube Cover	1
A21	Pressing pipe	1	J1	Left side handlebar	1
				Ø=Diameter	

## PARTS LIST CONTINUED

Item	Description	Qty	Item	Description	Qty
A21-1	Screw M8*25	1	J1-1	Hand Pulse Sensor Wire 650Mm	1
A21-2	Washer M8*22*1.5	2	J1-2	Plastic Circuit Board Left	1
A21-3	Washer 10*24*0.3T	2	J1-3	Pad For Hand Pulse	2
A21-4	Nut M8	1	J1-4	Screw M3*35L	2
A21-5	C Clip C12	1	J1-5	Hand Pulse	1
A21-6	Wheel Ø44*Ø39*21.9L	1	J1-6	Hand Pulse	1
A21-7	Bearing 6001Zz	1	J1-7	Nut M3	2
A22	Crank Left 170L	1	J1-8	End Cap	1
A22-1	Screw M8*52	1	J1-9	End Cap	1
A22-2	End Cap	1	J1-10	Controller For Left Handle Bar Ø23*Ø42*60.6	1
A23	Front Left Chain Cover	1	J1-11	Controller For Left Handle Bar	1
A24	Screw M4*20	11	J2	Right Side Hand Bar	1
A25	Screw M5*20	12	J2-1	Hand Pulse Sensor Wire 650Mm	1
A26	Front Right Chain Cover	1W	J2-2	Plastic Circuit Board Right	1
A27	Rear Right Chain Cover	1	J2-3	Pad For Hand Pulse	2
A28	Rear Left Chain Cover	1	J2-4	Screw M3*35L	2
A33	Sensor Wire 550Mm	1	J2-5	Hand Pulse	1
A34	Sensor Wire 550Mm	1	J2-6	Hand Pulse	1
A35	Motor Sensor Wire 750Mm	1	J2-7	Nut M3	2
A36	Motor	1	J2-8	End Cap	1
B	Front Stabilizer	1	J2-9	End Cap	1
B1	Adjusted End	5	J2-10	Controller For Right Handle Bar Ø23*Ø42*60.6	1
B2	End Cap	2	J2-11	Controller For Right Handle Bar	1
B3	Transportation Wheel	2	L-(L)	Pedal Left Jd-22A 9/16"	1
B4	Screw #8*32*5/8"	4	L-(R)	Pedal Right Jd-22A 9/16"	1
C	Rear Stabilizer	1	M1	Waterbottle Holder (Left)	1
C1	Foot Pads M8*Ø29*42.5	5	M2	Waterbottle Holder (Right)	1
C2	End Cap	2	N1	Screw M8*15	20
D	Main Support Tube	1	N2	Spring Washer M8	13
D1	Console Screw	4	N3	Flat Washer M8*16*1.2T	21
D2	Screw m5*10	4	N4	Screw m8*105	2
E	Front small handle bar	1	N5	Screw m8*35	2
E1	End cap	4	N6	Screw 1/4*40	4
F	Console	1	G	Seat	1
N7	Screw m8*20	5	P1	Saddle tube	1
N8	Screw m6*10	8	P2	U shape plastic	2
N9	Screw m4*15	6	S	Adaptor	1
N10	Set Screw m6*8	2	S1	End cap	1
N11	Washer m8*16*1.2T	2	S2	End cap	1
N12	Washer 8*4.5	6	S3	End cap	1
N16	Washer m6	4	S4	Strap (right)	1
P	Back Rest tube	1	S5	Strap (left)	1
				Ø=Diameter	

## **WARRANTY**

### **RESIDENTIAL WARRANTY**

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and Five (5) year on other parts. Labor warranty coverage is One (1) year. Warranty covers the original consumer purchaser only.

### **THIS WARRANTY DOES NOT COVER**

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **<http://www.BHFitnessUSA.com>**

\* Applies to defects from the manufacturer only.

**FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE  
BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.**

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Foothill Ranch, CA 92610  
Phone: 949.206.0330; Toll Free: 866.325.2339; Fax: 949.206.0013  
Web: [www.BHFitnessUSA.com](http://www.BHFitnessUSA.com)  
Mon - Fri 8am - 5pm PST